

Child Care Training Opportunities

Approved trainings are listed below. Please indicate (X) which training(s) you are interested in and note the dates and times that will work best for your staff. We will come to your site and provide the free training for **5 or more staff members**. After completing this form, please fax to 816-482-5880 or email to: kaumel@missouri.edu OR sullivand@missouri.edu

Center Name: _____

Phone/Ext: _____

Contact Person: _____

Email: _____

	Workshop	Preferred Date/Time (M-F/9:00 am- 5:00 pm)
<input type="checkbox"/>	<p>•Eating Well: Basic Nutrition for Kids and You (1 hour) <i>This workshop gives an overview of basic nutrition facts and introduces My Plate as a tool for choosing healthy foods.</i></p>	
<input type="checkbox"/>	<p>•Childhood Obesity and Missouri’s Eat Smart Guidelines for Child Care (1 hour) <i>This workshop discusses the current childhood obesity epidemic and how it relates to child care. It introduces the Missouri Eat Smart Child Care initiative as a way to improve children’s meals.</i></p>	
<input type="checkbox"/>	<p>• Grow It. Try It. Like It. (1 hour) <i>This workshop will explore the importance of helping preschoolers connect gardening and produce using the USDA’s Team Nutrition Initiative curriculum.</i></p>	
<input type="checkbox"/>	<p>•Moving and Learning (2 hours) <i>This workshop helps to understand why moderate to vigorous physical activity (MVPA) is important. Participants will learn developmentally appropriate MVPA for children.</i></p>	
<input type="checkbox"/>	<p>•Taking Care of You (2 hours) <i>This program offers practical strategies and experiences to help you deal with the stress in your life as an early childhood educator. Managing life’s challenge’s in a healthy way allows you to take a better care of yourself and your overall health.</i></p>	
<input type="checkbox"/>	<p>•Family Style Meals: Background, Barriers, and Solutions (2 hours) <i>This workshop combines important background information on family style meals in childcare with practical information on barriers and solutions to implementing family style meals.</i></p>	
<input type="checkbox"/>	<p>•Family Style Meals: Planning for Change (2 hours) <i>This workshop takes participants through an active planning process that includes creating a vision for family style meals, engaging important partners, and preparing children for this new and exciting approach to serving meals and snacks.</i></p>	
<input type="checkbox"/>	<p>•Food Allergies (2 hours) <i>This workshop discusses the importance of understanding of common food allergies, their cause and symptoms, and what a center must do to be prepared in case of an emergency.</i></p>	
<input type="checkbox"/>	<p>•Making the ABCs and 123s More Active (2 hours) <i>This workshop provides new ideas for combining creative movement and activity with learning about numbers and letters in developmentally appropriate ways to help children get ready for kindergarten.</i></p>	

